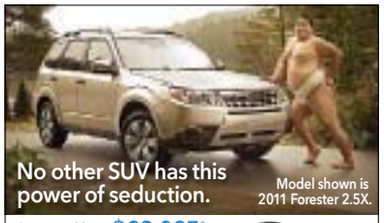

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{page 6}

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News worth sharing.

Charge. Upgraded

▶A 17-year-old girl accused of the vehicle-related death of Marcel Murdock after a massive melee on Garfield Street North last weekend has been re-arrested and charged with first-degree murder following a Crown review of the file. Story, page 4.

JAMES TURNER/METRO

Teen faces most serious charge

Paint not dry on tagger case

- Judge to decide on cancelling community-based sentence
- Dustin Fenby could spend next 10 months in jail

JAMES TURNER
@METRONEWS.CA

A man once known as one of Winnipeg's most prolific graffiti taggers is facing the prospect that a major break allowing him to remain free could be wiped away.

Manitoba Justice is seeking to terminate the house arrest sentence handed to Dustin Fenby, 24, last October after he pleaded guilty to more than 70 mischief charges relating to thousands of dollars in damage that his graffiti caused.

Provincial court Judge Lynn Stannard is weighing Fenby's fate after a hearing yesterday to determine whether the remainder of his 20-month conditional sentence will be cancelled.

Stannard is the same judge who approved a deal to let him serve his jail time in the community.

"Mr. Fenby's evidence is not credible."
CROWN ATTORNEY SUSAN HELENCHILDE

Fenby was re-arrested on suspicion he breached several mandatory conditions, broke curfew on two occasions, failed to show up to a victim-empathy group and didn't complete his community service work in time.

Fenby was a prime target in a novel 2008 sting operation conducted by Winnipeg police to crack down on vandalism in the Osborne Village and Corydon Avenue areas.

Police used surveillance and other sophisticated tactics usually reserved for high-level drug cases to net a number of suspects in the months-long probe.

He is also facing domestic-violence-related charges and is facing trial in November.

Fenby's former common-law wife — and mother of his infant son — was called to testify for the Crown at yesterday's termination hearing.

The woman told court of a number of alarming incidents involving Fenby, including one where he allegedly tried to suffocate her with a blanket during an argument.

"I was having trouble breathing, I have panic attacks," she testified.

Fenby also testified.

He denied any wrongdoing and in some cases said the woman was the instigator of the disputes.

"She's not a vindictive person," said Crown attorney Susan Helenchilde.

"She came here and told the truth."

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On the web at metronews.ca

Olivia Chow thanks the crowd who turned out to pay respects to her late husband, Jack Layton. Video at metronews.ca

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Coming back home from the battlefield

The challenges soldiers face coming home are causes for concern for National Defence, which is investing millions in mental-health services

CRYSTAL LADERAS/METRO

▶ A soldier waits, taking any rest he can get, during an exhausting week on a training exercise at Canadian Forces Base Shilo in Manitoba. The effects of sleep deprivation, boredom and stress are often relieved by the company of their other "smoking and joking" comrades.

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

More than 1,500 Canadian Forces soldiers have been wounded in Afghanistan since 2002, but the mental-health scars of combat don't just heal once the mission was over. As Canada transitions to a training and support role overseas, men and women make a difficult reintegration into Canadian society.

Overseas, soldiers might enjoy pizza Fridays, crude jokes and ball-hockey tournaments — it sounds like a Canadian frat house, but the rare perks are a few ways of raising morale at Kandahar Air Field.

"They use things like black humour, they probably smoke too much and swear but this is their normal ways of coping," said Cmdr. Robert Briggs, area surgeon-land force, Western Area. "A lot of the times there's boredom, interspersed with times of extreme stress."

Among all the discomfort, sleep deprivation and trauma, Canadian Forces soldiers carry a difficult task — remaining effective enough to finish the mission.

Cmdr. Briggs spent months at KAF and traveling outside the wire with social workers, psychiatric nurses and doctors to treat the mental-health concerns of Canadian soldiers. He said a soldier's buddies usually defuse and recognize stress before it hits the chain of command.

"The most powerful thing that these folks have to inoculate themselves against the effects of stress is a very, very powerful, tight bound within their section.… That tight bond is the primary way that people can feel that they actually have support, people they can vent to, people that care about them and look after them."

Though welfare and morale is a priority among commanders, the top priority is the mission, a job that requires its soldiers to set those stresses aside.

"We never want desensitized soldiers. We want soldiers who can function under stress, but we also want compassionate soldiers who are able to work through complicated situations."

Combat role or not, the person coming home has changed along with the reins of the mission.

"We still have troops who are wrestling with mental and physical health issues that happened during the combat mission.

"We also know our troops are currently there for the training mission elsewhere in Afghanistan, but they're still at risk."

Joking in combat normal: Expert

Dr. Ruth Lanius, director of the post-traumatic stress disorder research unit (PTSD) at the University of Western Ontario said joking isn't a strange behaviour during combat.

"Even when someone who is not a soldier is engaged in a stressful situation, the way we sometimes deal with it as human beings is to sometimes crack jokes, laugh — just to take our minds off of something very intense. It's one coping strategy that is used by people."

Dr. Lanius added that there is a lot of truth to the argument that the hardest part of combat is coming home.

"They get used to a certain way of life, and it's very stressful, but its what they've gotten use to."

"Often the person coming home has changed. It's a tremendous stressor for the whole family … and the person coming home."

CRYSTAL LADERAS

In your high-stress occupation, how do you remain effective on the job?

METRO

Larry Laus, 29, nurse: "I wouldn't say you get numb to it, but you get desensitized. You see pins and whatnot in legs. I told myself I really wanted to do this, I powered through it the first time. I got used to it I think. If it's really high-strung, I have (my wife) to talk to or one of my co-workers."

METRO

Jordan Loechner, 23, paramedic: "Working out, getting a lot of exercise, eating healthy and talking about it with others. Just trying to keep a positive mind about everything. If I've experience a bad call, something that can be deemed as traumatizing I'll just talk it over."

METRO

Susan Temple, 44, doctor: "I just try and laugh about everything, as most things do have an absurd type of black humour to them after the fact. My job can be sad and stressful, but I try and stay focused on the positive. My family helps a lot as they're willing to listen when I've had a bad day."

Timeline:

- **July 7:** Canada's combat mission in Afghanistan ends. Brig.-Gen. Dean Milner officially handing the reigns of Canada's battle space in Kandahar to American Col. Todd Wood. 157 Canadians killed in Afghanistan since 2002.
- **July 26:** Minister of National Defence Peter MacKay, announces a $3.9 million renovation project for primary and mental-health services at 17 Wing Winnipeg.
- **July 26:** "The improvements to the clinic at 17 Wing will ensure that Canadian Forces personnel in Winnipeg will continue to receive the full spectrum of first-class health care that they so rightly deserve," MacKay said.

Hello, 'Swaggerville'

'It's more about the thrill of supporting a team to call your own than any wins or losses. It's the team spirit,' Bombers fan David Kiesman says

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

Blue Bombers fans are a mysterious breed of people: They're passionate, dedicated and even when the CFL team's losing, fan support remains.

But today, their team is on top and Winnipeg fans are truly in "Swaggerville."

Some fans feel the Bombers' position at the top of the CFL unites the city and has a positive effect outside the stadium's walls.

"I feel like sports can really bring a community together, especially when they are winning," said Bombers fan Katie Doerksen. "I feel like it brings such a sense of community and pride in our city and in our team."

In Doerksen's opinion the reason why the Bombers have such a strong base is because of the city's overall attitude.

"Even when a team isn't winning it can still bring a community together to support them through thick or thin," she said

"I think it's a reflection of the kind of people we have living here in Winnipeg."

"It's nice to finally have some bragging rights," said fan Steven Hurst. "We've had good years in the past, but they were tainted by crucial injuries. It seems like it's our year."

MORGAN MODJESKI/FOR METRO

▶ Zak Rubin, regional GM of River City Sports poses with a Bomber Jersey at their St. James location.

More Banjo seats

- The Blue Bombers opened up 500 more seats for this Friday's sold-out Banjo Bowl against the Saskatchewan Roughriders. The seats will be the same seats opened up for this week's sold-out game against the Hamilton Tiger-Cats, located at field level beside sections A and Y. The extra tickets cost $41.

Go Blue & Gold

- Metro Winnipeg wants to go Blue and Gold for Blue Bombers home games for the Friday editions of Metro Winnipeg before the Banjo Bowl and the Labour Day Classic.
- If we garner 1,000 "Likes" on Facebook by Aug. 31, we will!

Public says transit 'inconvenient'

The vast majority of commuters remain reluctant to use public transit, despite public campaigns encouraging people of its environmental and cost benefits, a Statistics Canada study released yesterday suggests.

The study found about 82 per cent of commuters travelled to work by car in 2010, while 12 per cent took public transit and six per cent walked or cycled.

"Of the 10.6 million workers who commuted by car, about 9 million reported that they had never used public transit for their commute," says the 2010 General Social Survey.

"About 7.4 million of these people thought public transit would be somewhat or very inconvenient."

About 1.6 million car commuters, or 15 per cent, said they had tried using public transit to get to work; 53 per cent of them considered it inconvenient.

THE CANADIAN PRESS

Metro asked:

How do you commute to work, how long does it take and are you happy with the time?

When data from smaller cities — including Winnipeg — was factored in, researchers found the longer the commute by car, the less satisfied workers are. More than half of drivers travelling 45 minutes or more said they were dissatisfied with the commute time, compared to 41 per cent of transit users.

METRO

MORGAN MODJESKI/FOR METRO

Deb Cyr, 53, accounting clerk

"I commute to work and I get a ride, I usually get picked up and I'm really happy with it.... I live in the South End of the city and sometimes traffic is really congested."

MORGAN MODJESKI/FOR METRO

Christey Allen, 24, analytics

"I take the bus and it takes me about 15 minuets and I really like it, I think the bus system in Winnipeg is really efficient depending on where you live, but I live on Corydon."

MORGAN MODJESKI/FOR METRO

Justin Mei, 28, software developer

"I get a ride with my Dad to work, and in the mornings it's all right. I usually leave around 7 and arrive at 20 after, but if you leave after (then), it gets more time-consuming."

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Education dominates first debate

In first leaders debate ahead election, party heads say more needs to be done to improve education
New Democrats have held power since 1999 Party enters this election with 36 seats, a majority

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

The three men vying to become Manitoba's next premier say the province has to do a better job of keeping kids in school.

NDP Premier Greg Selinger says the graduation rate has increased to 80 per cent but that's not enough.

"We've got to have programs that respond to the needs of kids, if kids want to learn in a different way, we've got to be able to adapt to them," Selinger said.

"If they want to learn while they're working we've got to be there with them while they're doing that."

PC Leader Hugh McFadyen said Manitoba's dropout rate is the second worst in the country and the NDP have had a decade to fix it.

"It's absolutely clear that we need to ensure, even beyond our schools, that the kids who are growing up in the North End or any neighbourhood or any community in the province, have people in their lives who are able to be mentors or role models," he said.

Liberal Leader Jon Gerrard says the dropout rate is particularly bad in downtown Winnipeg and the province has to do more to diagnose special-needs students early.

"We need to understand what the situation is with individual young people and individual schools and we need to deploy the resources (in a way) where can make a difference."

Manitoba voters go to the polls Oct. 4.

Of the seats in the Manitoba legislature, the NDP currently holds the majority, at 36 of 57.

The PCs have 18 and are gunning for several open ridings where NDP candidates have stated they won't seek re-election.

The provincial Liberals hold just one — Gerrard's seat in River Heights.

The NDP have held power in Manitoba since 1999. The upcoming contest is Selinger's first as party leader. He beat out Steve Ashton in a leadership bid in 2009. **WITH FILES FROM THE CANADIAN PRESS**

MORGAN MODJESKI/FOR METRO

▶ From left, Liberal Leader Jon Gerrard, Premier Greg Selinger and PC Leader Hugh McFadyen take part in a debate at the Radisson Hotel in downtown Winnipeg yesterday.

Teen now faces murder charge in family brawl

A brawl between two Winnipeg families that left one person dead and two more in critical condition has led to a first-degree murder charge against a 17-year-old girl.

She had initially been charged with manslaughter in the death of 40-year-old Marcel Murdock.

Police say the families were gathered socially on the weekend at a house in Winnipeg's West End when a dispute between a man and a woman led to a fight that erupted onto the street.

Participants armed themselves with everything from hockey sticks to shovels and bear spray.

Two vehicles driven by people involved in the fight collided and struck three people.

Two men, who are 18 and 39, have been charged with assault with a weapon.

7

Seven youths under 18 have been charged in connection to Winnipeg's 26 homicides in 2011.

THE CANADIAN PRESS

Police probe Red River death

Police are hunting for clues after a young Winnipeg woman's body was pulled from the Red River near Lockport 10 days ago.

RCMP said Tiffany Maureen Skye was discovered on the afternoon of Aug. 13.

Yesterday, investigators appealed to the public for tips about where she was and what she was doing after last being seen on the afternoon or evening of Aug. 8 at The Forks or elsewhere in downtown Winnipeg.

Police have not said how she died, but an autopsy was completed Aug. 16.

Anyone with information is asked to call the serious crimes tip line at 984-6447.

METRO

RCMP

▶ Tiffany Skye

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For Jack, the Hill's last farewell

Throngs mourn Layton ‘It's a tragedy,' PM says In Toronto, the CN Tower to glow orange Saturday

AMEN JAFRI
WINNIPEG@METRONEWS.CA
METRO CANADA IN OTTAWA

They came by the hundreds — all ages, shapes and colours.

Throngs of Canadians lined up in front of the Peace Tower and around the East Block on Parliament Hill yesterday to pay their respects to Jack Layton.

By late afternoon, more than 1,500 people had filed past the NDP leader's flag-draped coffin in the foyer of the House of Commons.

Hélène Lapointe, an NDP provincial executive member in Dieppe, N.B., was one of the first to arrive at 10:30 a.m.

She was visiting her mother in Ottawa and her voice trembled as she recalled her memories of Layton, who died of cancer Monday.

“He came to MP Yvonne Godin's nomination in Acadie Bathurst, N.B., started speaking French and said ‘Thanks to Hélène, my French is much better.'”

Lapointe had always stressed that MPs needed to be perfectly bilingual to run in the election.

Layton's body will be whisked back to Toronto late today. A state funeral takes place Saturday.

WITH FILES FROM THE CANADIAN PRESS

O Canada

- The Ottawa lineup was the country in microcosm.
- Blue-rinsed grandmothers rubbed shoulders with teens sporting pink mohawks.
- Bearded Sikhs stood beside giggling schoolgirls.
- There were families with toddlers in strollers, couples young, middle-aged and senior, clutches of friends, and singles lost in thought.

RYAN REMIORZ/THE CANADIAN PRESS

▶ Olivia Chow grieves by the casket of her husband, Jack Layton, on Parliament Hill yesterday.

Family's agony ends as suitcase killer convicted

A 12-year ordeal has ended for the family of a Canadian woman who was raped, murdered, stuffed into a suitcase and dumped at London's Heathrow Airport.

London police say Yousseff Ahmed Wahid, 42, has been found guilty of murdering singer Fatima Kama.

“It represents a lot things for us,” her father, Bouchaib Kama, 66, said in Montreal.

“The judge and jury in London were able to give us something we'd been waiting for for years”

Fatima Kama, 28, was born and raised in Morocco, but moved to Canada with her family in 1990.

In her last year she spent about eight months in Lebanon, where she was a singer at weddings and private functions.

Reports said she lived her life “like Holly Golightly,” the socialite portrayed by Audrey Hepburn in Breakfast At Tiffany's.

Wahid is expected to be sentenced in October. He eluded authorities for more than a decade but was located in Bahrain.

THE CANADIAN PRESS

Bears invade crash site

Rotting food is attracting hungry polar bears to the wreckage of a deadly plane crash in the Arctic. Twelve people died near Resolute airport Saturday.

THE CANADIAN PRESS

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Police ask Ottawa: Let us be hackers

Canadian police chiefs are calling on Ottawa to change the law to allow police to get occasional access to text messages, cellphone calls, emails and BlackBerry pings.

The request was in a resolution passed at the Canadian Association of Chiefs of Police annual conference in Windsor.

The chiefs say Canada lags behind other G8 countries on the issue.

Crooks “feel invulnerable to carry out criminal activities.”

DEPUTY CHIEF CONST. BOB DOWNIE

Deputy Chief Const. Bob Downie from Saanich, B.C., said criminals have a secure means of communication that cannot be accessed by police.

THE CANADIAN PRESS

Online match made in hell

Woman sues Match.com after her date sexually assaults her Her mission is to protect other site users

A woman who sued Match.com after being sexually assaulted by a man she met on the dating website settled her lawsuit on Tuesday when she saw proof that the site was screening its members for sexual predators.

Carole Markin sued the website when she found out her attacker had been convicted of sexual battery.

She did not seek monetary damages in her lawsuit, just a court order requiring the site to check its members' backgrounds to weed out convicted sex offenders.

"I went into this lawsuit to protect other people, and it worked."
CAROLE MARKIN

"If I save one woman from being attacked, I'm happy," Markin said.

Robert Platt, an attorney for the site, said Match.com has begun checking its members against state and federal sex-offender databases.

For more news, visit metronews.ca

Sex offender

Last week Alan Wurtzel, 67, pleaded no contest to assaulting Markin.

- **He could face a year in** jail and five years of probation.
- **Wurtzel could also face** lifetime registration as a sex offender when he is sentenced Sept. 19.
- **Prosecutors said that** on their second date last year, Wurtzel drove Markin to her home and followed her inside where he sexually assaulted her while holding her down.

Auto. Crash

▶ A tour bus on the New Jersey Turnpike collided with a a tractor trailer on South New Brunswick, N.J., yesterday.

JULIO CORTEZ/THE ASSOCIATED PRESS

New Jersey highway collision

Turnpike Authority Spokesman Tom Feeney says the crash happened shortly after noon in the southbound lanes in South Brunswick. Feeney says preliminary reports show about a dozen people were hurt, with most of the injuries believed to be minor.

Pet-morgue program gives owners closure

Calgary is setting up a pet morgue where dogs and cats killed on the city's streets can be identified by their frantic owners.

Under the new program, the remains will be taken to an Animal Services Centre and stored for 10 days while workers search for licence tags, readable microchips or tattoos that could identify the owner.

The centre will also have a website listing deceased pets and when they were found. THE CANADIAN PRESS

256

The total number of cats, 232, and dogs, 46, killed on city streets so far this year. Last year, the total was 529.

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Cabernet Sauvignon
This is a full-bodied, ruby coloured wine with a tinge of blackcurrant, cherries and delicate oak spices. It's a choice ideally enjoyed with poultry, veal and any other red meat dish.

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Libya to benefit from dictator's assets

ELISABETH BRAW
WINNIPEG@METRONEWS.CA
METRO WORLD NEWS IN LONDON, ENGLAND

The U.S. will release some $1.5 billion US in frozen Gadhafi assets to Libya's National Transitional Council, the State Department has announced. And rebels may soon face a windfall as other countries follow suit.

Switzerland and Britain have said they'll release frozen assets as soon as the UN lifts sanctions against Libya. Assets frozen elsewhere in the EU will follow.

"We want to make their assets available to Libya's new regime and will do so when the situation stabilizes," EU foreign affairs spokesman Michael Mann told Metro.

How much money Col. Moammar Gadhafi, his family and his friends possess is anyone's guess. In the past several months, millions of dollars worth of funds have been frozen. But much more is thought to be hidden in overseas properties and companies. Distinguishing between assets belonging to the Gadhafis and the Libyan state is difficult.

Even so, the rebels can expect huge amounts of money. The U.S. alone has another $30 billion in frozen Gadhafi assets.

"We have a plan ready for Day 1 when Gadhafi is gone," says Mann. "Given Libya's resources, it doesn't need a lot of financial assistance."

LILLO MONTALTO MONELLA/METRO WORLD NEWS

▶ The outside of Saif al-Islam Gadhafi's $1-million London mansion yesterday, where at least four people are squatting, neighbours told Metro.

Gadhafi fortune

- Properties in London's fashionable West End district.
- Shares in Pearson, owner of the Financial Times.
- A luxury resort in Spain.
- London headquarters of ConocoPhilips (owned by Gadhafi-controlled Libyan Investment Authority)

Clashes punctuate search for Gadhafi

Rebels may be running out of weapons but cannot claim 'true' victory until the long-time dictator is found

NATO campaign issued 46 air strikes on Tuesday

Scattered battles flared yesterday across the Libyan capital, with pro-regime snipers cutting off the road to Tripoli's airport while loyalist fighters launched repeated attacks on Moammar's Gadhafi's captured Bab al-Aziziya compound.

While opposition fighters claimed they had most of Tripoli under control, a defiant Gadhafi vowed from hiding that he would fight on "until victory or martyrdom."

Few civilians were willing to venture outside. The streets were scattered with debris, while rebels manned checkpoints.

But intense clashes broke out in the Abu Salim neighbourhood, which is thought to be one of the regime's final strongholds.

Rebels found no sign of Gadhafi after a battle Tuesday, but rumours churned about his whereabouts.

Gadhafi's foreign minister, Abdul Ati al-Obeidi, told British media that the dictator's rule "was over" and that safe passage out of Libya was now unlikely.

In London, British Foreign Secretary William Hague said it was clear Gadhafi had lost control of most of the capital and called him on to "stop issuing delusional statements." THE ASSOCIATED PRESS

SERGEY PONOMAREV/THE ASSOCIATED PRESS

▶ Rebel fighters celebrate as they stand on top of the monument inside Moammar Gadhafi's compound in Tripoli yesterday. The rebels say they have now taken control of nearly all of the capital.

Reporters kidnapped in Libya

Italy's foreign ministry says four Italian journalists were kidnapped yesterday and their driver killed, apparently by Libyan regime loyalists, on a highway 50 kilometres west of Tripoli.

Two journalists were from the Milan daily Corriere della Sera, one from Turin's La Stampa and one from Avvenire, a national Catholic paper.

The Avvenire reporter called Milan saying the four Italians were OK.
THE ASSOCIATED PRESS

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Man charged in alleged Torah scam

A man who claimed he travelled the globe rescuing Torahs as a "Jewish Indiana Jones" has been charged with mail fraud. Authorities say he duped contributors to his charity. Menachem Youlus is charged in a federal criminal complaint. He was released on $100,000 bail in New York.
THE ASSOCIATED PRESS

Celebration gone bust

Thousands of opposition activists protested yesterday the arrest of former prime minister Yulia Tymoshenko, clouding official celebrations marking the 20th anniversary of Ukraine's independence declaration.

Demonstrators attempted to march on the president's office in Kyiv, but were held back by police in riot gear who flooded the city's centre.

Tymoshenko's abuse-of-office trial and arrest this month on charges of contempt of court have galvanized Ukraine's notoriously fragmented opposition.
THE ASSOCIATED PRESS

EFREM LUKATSKY/THE ASSOCIATED PRESS

▶ Police detain a female activist protester.

Shuttle crash may delay next crew

A Russian space station supply ship crashed with a thunderous boom into Siberia minutes after launch, rattling NASA and others in this new era without any shuttles to bail out the orbiting outpost.

The rocket failed barely a month after NASA's final space-shuttle flight.

While the International Space Station has more than enough supplies, yesterday's accident threatens to delay the launch of the next crew, just one month away.

That's because the upper stage of the unmanned Soyuz rocket that failed is similar to the ones used to launch astronauts to the station. In addition, three of the six space station residents due to return to Earth in two weeks might stay longer. THE ASSOCIATED PRESS

Storm. Scrubbers

▶ Darth Vader directs a legion of Stormtroopers — who arrived for the 17th annual Fan Expo Canada — to kill some free time by giving free car washes in Toronto.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Soldiers storm Toronto

Stormtroopers scrubbed and shined vehicles for the public yesterday at the One-A-Minit Car Wash on Church Street in Toronto to promote Fan Expo, starting today and running until Aug. 28 at the Metro Toronto Convention Centre.

Fido can stay: WestJet

▶ Airline says filter system keeps air fresh ▶ Few allergy issues reported

WestJet Airlines says it's not interested in banning Fluffy and Fido from airplane cabins.

The Canadian Medical Association is suggesting pets travel in cargo because they may present serious risks for people with pet-related allergies.

But the Calgary-based discount carrier says passengers are kept apart if they alert the airline ahead of time that they have allergies.

They also ask that those who take journeys with pets let them know in advance as well.

WestJet says its planes are equipped with air filters that eliminate allergens and notes that passengers with allergies can be placed on a flight with no pets.

The airline says that over the past 18 months, it has only had a handful of allergy-related incidents. **THE CANADIAN PRESS**

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 5.48 (12,343.81)	+ 0.15¢ (101.36¢ US)

Oil	Natural gas 1,000 cu ft
- $0.28 ($85.16 US)	$3.922 US (- 7.1¢)

Gold $1,757.30 US (- $104)

Apple CEO resigns

Steve Jobs, the mind behind the iPhone, iPad and other devices that turned Apple Inc. into one of the world's most powerful companies, resigned as the company's CEO yesterday, saying he can no longer handle the job.

The move appears to be the result of an unspecified medical condition for which he took an indefinite leave from his post in January.

Apple's chief operating officer, Tim Cook, has been named CEO.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Steve Jobs

In a letter addressed to Apple's board and the "Apple community," Jobs said he "always said if there ever came a day when I could no longer meet my duties and expectations as Apple's CEO, I would be the first to let you know. Unfortunately, that day has come."

The January leave was Jobs' third medical leave over several years.

He had previously survived pancreatic cancer and received a liver transplant.

THE ASSOCIATED PRESS

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A PLEA TO STOP A CYCLE OF ABUSE

HE SAYS ...

JOHN MAZEROLLE
METRO

Now that I've been a cyclist for a few months, I know the group of people on Earth I hate most are other cyclists.

My disdain for my two-wheeled counterparts falls somewhere between Libyans' hatred of Gadhafi and New Democrats' hatred of Christie Blatchford (a tight squeeze, I know). But it's true: You can all bike at full speed under bridges with four-foot clearances, for all I care.

The only positive thing I can say about the lot of you is "Thanks for making me feel unique." Because I am apparently the only Canadian cyclist who follows the rules of the road.

I stop at stop lights (gasp). I signal my turns (shock). I do not assume "shared trail" means "cycles moving at 40 km/h and human speed bumps leaping out of the way."

The other day I approached a crosswalk with a person in it. The wheel-shocked pedestrian, accustomed to years of (the cycle of) abuse, went into full duck-and-cover mode, like a Brit during the Blitz. When she looked up from her huddle to realize I had stopped, she looked baffled, then sheepishly said, "Sorry!" as she passed in front of me.

"I'm not asking for puritanical devotion to the rules: I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called Blind Cyclist, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding."

I yelled after her: "DON'T APOLOGIZE! YOU HAD THE RIGHT OF WAY!"

You know you've become a cyclist-hating cyclist when you start yelling positive things at pedestrians.

Conversely, rarely a ride goes by without me yelling something slightly less positive at another cyclist — usually something like, "THE LIGHT IS RED, YOU [profanity] DOG [obscenity] EATING [vulgarity]!"

Then I spend the rest of the trip cycling slow so I don't catch up with that guy.

I'm not asking for puritanical devotion to the rules: I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called Blind Cyclist, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding.

We live in a society where anything that slows cars down, including ambulances and inertia, is deemed part of the "War on the Car." Bikes are No. 1 on the list of irrational targets. When I argue back to motorists, I'd like to have some moral high ground.

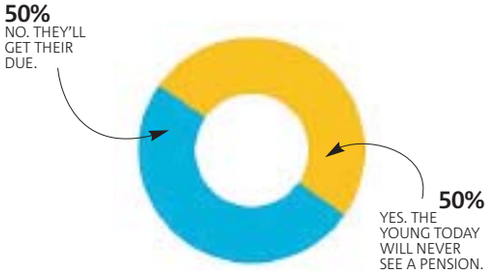
So, please, let's stop the cycle of abuse together. And if any cyclists don't understand where I'm coming from, I'd recommend wearing your helmet at all times. You probably need it.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are pensions pyramid schemes foisted on the young?



Local tweets

- **@thechadv2:** Traffic on McPhillips is so slow the @NickSwisher look alike on the sidewalk is walking faster #winnipeg
- **@rreykdal:** Dear Winnipeg, if you don't let me into your lane, I'm gonna cut you off. Deal with it.
- **@WpgJetsFanClub:** Loudest cheer for visiting player? Toews? Selanne? Crosby? Ovechkin? Just better not be anyone in a Leafs jersey! #Winnipeg
- **@stefspeaks:** WINNIPEG Saul, I'll let it slide this time (Two types of people in the world: people who know what Winnipeg is and people who don't)
- **@m_ambrosie:** As excited as I am for my trip tomorrow, I really don't want to leave winnipeg this weekend. Too much is going on #justmyluck
- **@imFAMOUSS01:** My block list on fb is far too long. Proof that Winnipeg has waay too many promoters.
- **@ianmcc:** Mark my words, the Globe&Mail, NP or MaCleans, etc will suddenly proclaim #Winnipeg as the "hot cool city" in the next year. I can feel it!

Letters

JACK LAYTON.

Jack Layton was a tireless and down-to-earth champion for social justice, homelessness, equality and personal liberty.

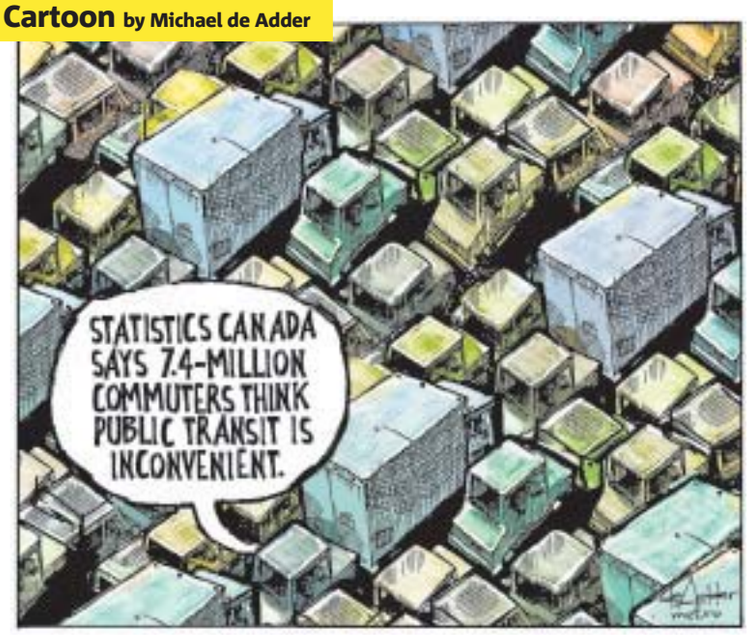
His tenacity and energy has never been seen before in Canadian politics, for which he will be sorely missed. Although we can never replace Jack Layton, all progressive politicians can honour his vision by continuing his call to action for love, hope and optimism.

JARED EVANS
VANCOUVER

Mr. Layton should be remembered as a leader who has played a greater role in bringing a lot of Quebec separatists into his party to work for the unity of the country — something no other politician did. At a time when right-wing politics have been gaining momentum, Mr. Layton managed to win big in the last election, showing that Canadians still believe in a more balanced approach. He was a man of greater charisma, a man of hope and justice and a leader who did not look down at the man of the street but looked at everyone with the respect each one deserved.

ABUBAKAR KASIM
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Inmate's protest takes flight

An inmate trying to get attention for his case paid a pilot to fly a banner over a New York City jail complex.

The New York Post says Vadim Vassilenko rented the Cessna 172 Skyhawk on Tuesday.

The 30-metre banner read: "V. Vassilenko jailed 5+ yrs. — no trial — is this legal?"

He's been at the Manhattan Detention Complex since 2007 on charges of selling stolen credit card numbers as part of an international cyber-crime ring.

The plane rents for $1,250 US for two hours, and the pilot says Vassilenko had someone on the outside wire him the money.

Vassilenko faces deportation after his case is adjudicated.

His immigration lawyer, Merrill Cohen, says his client wants to be with his family in Ukraine.

THE CANADIAN PRESS

metro

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Go ahead, steal these albums

Hip-hop record label, led by Winnipeg artist, striving for a connection with fans

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Co-founded by veteran Winnipeg rapper Pip Skid, Marathon of Dope is an international hip-hop record label that offers free digital downloads.

"We started about three years ago with the idea that people can pay what they want or take it for free," Skid, a.k.a. Patrick Skene, says.

"Well, people could be paying more (laughs) but I'd rather they come to us and take the music than it end up on Megashare or whatever. At least then people have a connection to us and can find out where we're playing shows."

Alongside fellow 'Pegger The Gumshoe Strut and Belgian hip-hop artist Tom De Geeter, Skene started Marathon for somewhat selfish reasons.

His former label, Peanuts & Corn Records, was inactive and Skene needed a place to release new music. Still, with 13 acts on the roster, there's obviously more to Marathon than self interest.

"We just recorded the new Gruf the Druid (formerly of Winnipeg groups Frek Sho and Fermented Reptile) album," Skene says. "It's been six or seven years since he's had a record out and it sounds great. Also, we're putting out Mike Ladd's new record. He's originally from Boston but he lives in Paris now. In the late '90s, early 2000s, Mike was a big deal for guys like me, so it's great to work with him."

As for himself, Skene hopes to release a new Pip Skid album, tentatively titled People are the Worst, on Marathon later this year. While the label's pricing system doesn't exactly rake in the big bucks, the 36-year-old hip-hop artist says he doesn't plan on stopping anytime soon.

"On the way to a show in Saskatoon the other day, I had food poisoning and was throwing up the whole drive there, but I still had a great time playing," Skene says. "Those are the things that mean it still make sense."

Marathon of Dope's summer 2011 showcase goes down tonight at The Lo Pub, featuring hip-hop performances by Pip Skid, Yy, Speed Dial 7 and DJ Co-op as well as special guests Nestor Wynrush and The Gumshoe Strut.

Tickets are $7. Showtime is 10 p.m.

CONTRIBUTED

▶ Veteran Winnipeg rapper Pip Skid.

Check the name

- The F-Holes release its sophomore album Angel in the Corner this Saturday at the West End Cultural Centre.
- The local swing things are named after the f-shaped sound holes in instruments such as the violin (what did you think?).
- Tickets are $12 at Music Trader, Into the Music, the Winnipeg Folk Festival Music Store and the WECC. Showtime is 8 p.m.

News in brief

Ben Stiller is being honoured for his comedic contributions by the British Academy of Film and Television. The group's Los Angeles branch says Stiller will receive the Charlie Chaplin Britannia Award for Excellence in Comedy.

THE ASSOCIATED PRESS

FBI investigate threatening letter sent to Ferguson

THE ASSOCIATED PRESS

▶ Craig Ferguson

Craig Ferguson managed to crack a few jokes on his talk show Tuesday after receiving an envelope packed with white powder that turned out to be harmless.

"Today someone sent an envelope packed with white powder to the show. I offered to test it, but they said 'no,'" Ferguson quipped during a studio taping of The Late Late Show.

The taping went on as scheduled after the show received a threatening letter sent to Ferguson.

Police Det. Gus Villanueva declined to discuss the nature of the threat against the talk show host, saying only that it was sent from overseas.

Two people at CBS Television City, where the show is filmed, were temporarily held in isolation after being exposed to the powder around 3 p.m.

They were released after a hazardous materials team screened the powder and found it to be benign.

FBI spokeswoman Laura Eimiller said the agency was working with police to find out who sent the letter.

The brief scare appeared to have rattled Ferguson's nerves.

"I was going to come out and talk about the earthquake, but I can't do that now," he said about the magnitude 5.8 quake that struck the East Coast.

"Because the earthquake only scared millions of people on the East Coast, but the white powder did something much worse. It scared me."

THE ASSOCIATED PRESS

Yearbook photos of Lady Gaga, Ryan Reynolds, Bradley Cooper, other stars published online.

Smith, Pinkett deny marriage on the rocks

Couple says they are not separating, despite reports of trouble in their relationship Source says there are 'significant problems' in marriage

ALL PHOTOS/GETTY IMAGES

▶ Will Smith and Jada Pinkett say rumours about them separating are not true.

Will Smith and Jada Pinkett were quick to respond to reports that they are separating.

"Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false.

"We are still together, and our marriage is intact," the couple said in a statement to E! News.

But a source tells TMZ that while the couple hasn't made the decision to separate, there are "significant problems in their marriage" that they are trying to work out, and that separation is still "definitely a possibility."

METRO

"The rumours circulating about our relationship are completely false."
WILL SMITH AND JADA PINKETT

▶ Sarah Jessica Parker

SJP's son eyes acting career

Sarah Jessica Parker admits that James Wilkie, her eight-year-old son with husband Matthew Broderick, is itching to get into the family business and become an actor.

"I don't want him to do it until after he goes to college," she tells Parade magazine.

"But part of me thinks maybe it's better if he knows the truth now about how hard it is to be a working actor.

"I don't know if he grasps what it took to get us here."

METRO

Celebrity tweets

@joelmchale
"I found myself humming My Heart Will Go On today. What the hell happened to me?"

@PSchwarzenegger
"Totally forgot how good guitar hero is. Haven't played in years but I used to kill it on expert."

@zachbraff
"So much going on in the world. The 6 most popular stories on the Huffington Post are about Kim Kardashian. Color me confused."

@SetMacFarlane
"Disneyland may be the happiest place on earth, but it's also the most motorized wheelchariest place on earth."

Carey to guest judge on X-Factor

It looks like Mariah Carey will be a part of the U.S. edition of the X-Factor after all, but she won't be sitting behind the judges' table.

"Mariah is definitely confirmed to be a part of X Factor," a source says, explaining that Carey will be a guest of a judge instead of a judge herself.

METRO

▶ Mariah Carey

Jones isn't a model TV mom

While January Jones is getting ready to be a mother in real life, she isn't getting high marks as a TV mom. Jared Gilmore, who played her son on the last season of Mad Men, told TV Guide magazine that his successor should "be careful around January. She's not as approachable as the others. She's really serious about what she does."

METRO

▶ January Jones

Fox ditches Monroe's 'bad energy'

Megan Fox says she's removing the massive portrait of Marilyn Monroe tattooed on her forearm because it caused "negative energy," according to Hollyscoop.

"It's a negative character, as she suffered from personality disorders and was bipolar," Fox explains.

METRO

Runway trends for the real world

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS

Don't be a fashion victim as you wade your way through the ever deepening pool of trends Refer to this breakdown of the best new ideas worth buying into for fall

GETTY

▶ Dolce & Gabbana

GETTY

▶ Burberry

GETTY

▶ Louis Vuitton

TAILORING

SKINNY, SLOUCHY, BAGGY AND BOXY – THERE'S A CUT FOR EVERY TASTE

Dolce & Gabbana and Giorgio Armani among others beat the stuffiness out of tailoring with the zeal of teenage rioters. Every cut, twist and pattern was on show from '40s to noughties. The one downside of choice is that you can end up getting it very wrong. So think about your shape before you go all '70s Gucci on your look.

COLOUR

MIX UP THE MONOCHROME WITH A COLOUR POP

Just when you thought the catch phrase "colour pop" had lost its fizz, it returns in blinding technicolour. Jil Sander, Hermès and Burberry rolled with everything from lurid brights to retro oranges on styles from knitwear to outer-wear. Get it right, and a punch of colour can really ramp up the feistiness.

HYBRID

SOUPED-UP CLASSICS

We're talking pimped out clothing here. Dries Van Noten gave classic jackets fur lapels and Louis Vuitton worked quilting into formal coats. Yes, it's ostentatious, but that gives your look a distinguished edge. The pitfalls come when you go over the top like the lads who go overkill on the alloys while revamping their car – it can look frightfully cheap.

FALL TRENDS FOR LESS

TAILORING
▶ Topman black textured skinny suit, $250, topman.com

COLOUR POP
▶ H&M chinos, $50, hm.com

CONTRAST/HYBRID
▶ Ksubi classic denim jacket, $327, asos.com

3 life

Men's pick

Liz Earle Hand Repair

Chaps, we're aiming this one at you because women don't need to be preached at about the virtues of soft hands. Liz Earle's echinacea, vitamin E and beta-carotene-infused cream is a handy (sorry) product.

RICHARD PECKETT

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Material Girl model Kelly Osbourne heading north

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From musical to la mode

Ashley Tisdale is singing in the key of style as the face of Wal-Mart Canada's latest fashion line

ELIZABETH BEDDALL
LIFE@METRONEWS.CA

▶ Ashley Tisdale

She's a singer, song-writer, executive producer and actress, and now Ashley Tisdale, best known for her former role as the antagonist of Disney's High School Musical, has planted a firm foot in the fashion industry. Metro sat down with the busy 26-year-old to chat about her newest role as the face of this fall's Hollywood Era fashion collection for Wal-Mart Canada.

Why did you feel this collaboration would be a good fit for you? When I saw the clothing line and I was really excited. I think Hollywood Era definitely has a sense of my fashion style. I'm super excited that my fans will be able to wear stuff that relates to my fashion sense.

How would you describe the Hollywood Era line?
I would call it chic, but I also think this is every-day wear. You can wear it to work, school or even if you just want to go out with your friends you can dress it up. You can really play around with all the items.

Seeing as though this collection is available at Wal-Mart Canada, tell us how you feel about your northern neighbours?
I love Canadians! I just think that everybody is really nice. This is a funny story but I had lost my wallet in Vancouver. It had everything in it — license, credit cards, money. I was freaking out and two months later in the mail, at my house in L.A., my mom received my wallet with everything in there. That would not have happened in L.A., just so you know. That Balenciaga wallet would have been gone.

So you've now made a mark on the fashion industry. Are you planning on sticking around?
Maybe. I've always loved fashion. I'll always be a part of the fashion world just because I've always loved clothes. I'm not sure about doing my own clothing line yet, maybe in the future. I have a production company, and so many things going on and I like to give 100 per cent to each thing so I think it would definitely be a big undertaking for me.

Hollywood Era Face Paint Top $16

Is there a piece out of this collection that stands out as a favourite? I really like the shirt with the faces on it. I think it's really cute, very form-fitting, looks great with leggings, which I'm a big fan of.

What kind of girl is going to love this line? A girl that loves fashion … to dress up and likes to have fun with her clothes. All these items you can play around with and mix and match so just someone who likes to have fun with fashion.

Who runs the world?

THE KIT

OFF-ROADING
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$160, brooksrunning.ca

BOUNCE BE GONE
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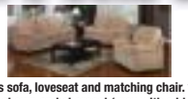
This set includes sofa, loveseat and matching chair. 100% chenille fabric available in two colors beige as shown and charcoal (grey with a blue undertone). Tight seats and backs keep this set well groomed.
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Moon moves into menswear

Moon is marking its first anniversary and expanding the brand's offerings in the process.

Menswear will now be in the mix within the affordable apparel line with the introduction of its autumn-winter 2011 collection.

The debut pieces featured last year focused on women, with streamlined separates designed to be versatile for everyday wear as well as building blocks in the modern wardrobe.

The menswear line includes T-shirts, sport coats, dress pants and merino wool knitwear, along with an array of dress shirts in solids, stripes and gingham patterns.

Outerwear pieces include trenches, blazers and puffy bomber jackets. Items in the line range from $20 to $175. The Moon moniker, which is carried at The Bay, has ties to Canadian fashion heavyweight Alfred Sung. Moon was the name of the Toronto boutique opened in the '70s by the designer, and is also part of Sung's name.

The longtime designer is a partner with the Mimran Group, which teamed up with the Bay on Moon. Siblings Tamara and Jordin Mimran work with father Saul on the line, in addition to design direction from Sung. **THE CANADIAN PRESS**

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DESIGN CENTRE

Fall trends easy to live with

KARL LOHNES
HOME@METRONEWS.CA

There's good news about the fall 2011 trends — they are easy to incorporate into your existing decor and don't have to cost the moon. Here's a rundown of this season's most important decor trends to bring home.

Want a deal?

I am thrilled to have curated today's collection of trend-inspired home products with HomeSav, the members-only online shopping club.

Check out homesav.com: Each item in the collection was chosen by me and will be available to buy at up to 80 per cent off the regular retail price. The sales start today!

New neutrals: You may have already heard that grey is on the A-list with decorators and designers as a new neutral colour. We've seen the popularity of grey in the fashion world for sometime so it's natural that it would make its way into the home. Adding grey to your existing colour scheme will help cool down the overall look of a room, which is key this season for the neutrals. All versions of grey (and all tones from light to dark) are trendy. I stay away from the steel-blue grey tones as they remind me too much of the greys that were popular in the 1980s. The new grey is warmer — think flannel grey suiting, putty or smoke as ways to describe this new neutral. It's a grey tone that's easy to live with and welcome as a long-term friend.

Pop of colour: For the past 10 years, popular decor colours have taken from the muted shades like wedgewood blue, sage green and cranberry.

The perfect complement to all the new grey neutral tones are a few shocking 'wake me up' colours. My favourite one is citron yellow. Wherever you may have used green or gallery white you can use yellow.

Another great choice is mulberry — a purple tone with a touch of pink and a splash of blue in it.

It looks great with espresso brown wood furniture and deep grey painted walls.

A colour like citron will wake up a contemporary room while mullberry helps soothe a traditional space and take away from the masculinity of grey.

Found treasures: Mixing found-looking objects into a space is often the best way to add personality to a room.

If your usual style is modern, try adding a traditional rug, pillow, piece of art or a corner chair to break up the modern feel and create an unexpected surprise. My preferred pieces would be: hand-blown glassware, upholstered furniture that is button-tufted or anything with letters or numbers motifs. Old subway signs and French linen laundry bags turned into pillows are other ideas.

HOMESAV.COM

▶ Go for grey with pops of yellow and mulberry.

No need to scour the flea markets — these looks can be seen in trendy home decor stores for fall.

Mix and match: The overall look this fall is one of collection — mixing and matching styles together while using colour as a common denominator.

A square 1960s inspired side table beside a traditional sofa with a modern painting hung above — it's all about getting a mix of styles to give a room personality.

When I find an interesting lamp, chair or table it must have one criteria; "does this look like it has history or story to it?"

Another trend to consider is mixing textures.

The slub of linen on a sofa, the plush of velvet on an ottoman or the smoothness of silk woven into a rug or on a pillow are great ways shake up a room and appeal to both your sight and touch. A designer friend once gave me a great rule for mixing alternate styles: 70 per cent of your furnishings and accessories should be of your favourite style and the remaining 30 percent should be different.

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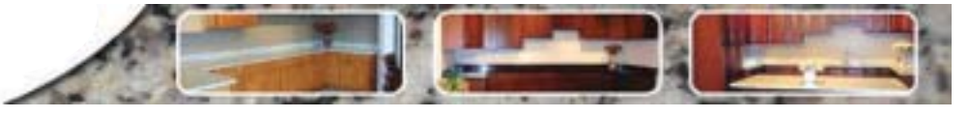


Southern Comfort

Want guilt-free ribs? It's possible with a few simple alterations

Who can resist good barbecued ribs? They are the ultimate comfort food.

But eat enough ribs, and you won't be able to see your own. The calories on a typical plate of barbecue ribs can surge to more than 900 calories, and more fat grams than can be counted.

To combat the fat, these are made in the oven with baby back ribs, which are the leanest cut of pork ribs because they come from the back not the belly.

Preparation:

1. Heat oven to 220 C (425 F). Set a 60-cm (24-inch) sheet of heavy foil on a rimmed baking sheet.
2. Season ribs generously with salt and pepper.
3. In a large bowl, combine sweet and smoky rub, liquid smoke, ketchup, balsamic vinegar, onion and garlic. Add ribs to bowl and toss to coat completely. Transfer ribs and marinade to foil, then top it with rosemary stalks. Place another sheet of foil over meat. Fold up edges of bottom sheet of foil and crimp together with top sheet to make a tightly sealed package.
4. Place ribs in oven and bake for 30 minutes. Reduce heat to 140 C (275 F) and bake until tender, about 45 minutes to 1 hour. Spoon some of the sauce from the foil packet over ribs to serve.

THE ASSOCIATED PRESS/ ROCCO DISPIRITO

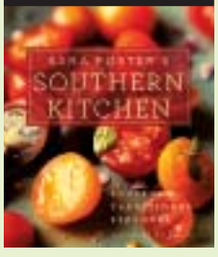
Ingredients:

- 1 rack baby back ribs (12 ribs), about 1 kg (2 lb) total, trimmed of all visible fat, cut into 4 equal pieces
- Salt and black pepper
- 15 ml (1 tbsp) sweet and smoky rub (such as McCormick)
- 22 ml (1 1/2 tbsp) liquid smoke (such as Stubb's)
- 250 ml (1 cup) reduced-sugar ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 1 large Spanish onion, chopped
- 12 cloves garlic, roughly chopped
- 2 stalks rosemary (about 15 cm/6 inches each)

MATTHEW MEAD/ THE ASSOCIATED PRESS

This recipe serves four.

Weekly Cookbook

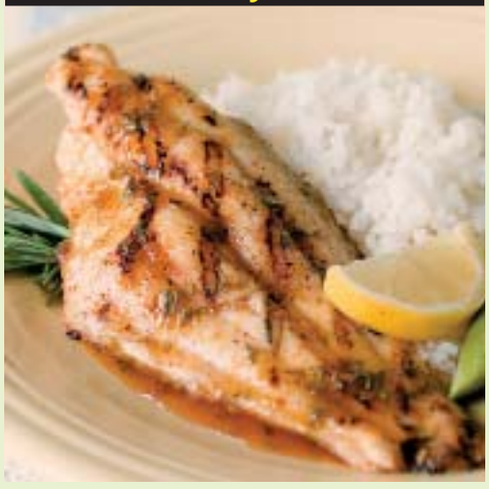


Sara Foster's love for Southern fare began in her grandma's kitchen. Now, the author offers nearly 200 contemporary interpretations of classic dishes in her book Sara Foster's Southern Kitchen: Soulful, Traditional, Seasonal (Random House, 2011).

The book is divided into sections that include Hearty Breakfasts, Birds, Grits and Rice, and more.

It includes recipes for Shrimp Jambalaya, Granny Foster's Sunday Fried Chicken, Roasted Tomato Grits with Country Ham and Cracklings, Red Beans and Rice with Andouille Sausage, and Molasses-Bourbon Pecan Pie, among others.

Grilled Rosemary Catfish



Got five minutes? This simple, healthy dinner takes very little time and is big on citrus taste.

Canadian grocery stores are now selling more sustainable fish such as catfish at their fresh fish counters.

Catfish is recommended by the Monterey Bay Aquarium as an environmentally wise fish selection.

Preparation:

1. In a shallow dish, place catfish and squeeze 1/2 fresh lemon over each fillet. Sprinkle with salt and freshly ground pepper. Let sit for 5 minutes.
2. Citrus Sauce: In a small saucepan set over medium heat, combine all sauce ingredients. Bring to a boil, then reduce heat and simmer for 5 minutes. Set aside.
3. Grill fillets on preheated grill until fish flakes easily with a fork, 4 to 5 minutes per side. Transfer catfish to a serving plate and spoon warm Citrus Sauce over fillets.

THE CANADIAN PRESS/ U.S. RAISED CATFISH

Ingredients:

Grilled Rosemary Catfish

- 15 ml (1 tbsp) oil, for grill
- 4 farm-raised catfish fillets, 175 to 250 g (6 to 8 oz) each
- 1/2 fresh lemon, per fillet
- Salt and pepper, to taste

Citrus Sauce

- Juice and zest of 1 lime
- Zest of 1 lemon and 1 orange
- 175 ml (3/4 cup) pineapple juice
- 125 ml (1/2 cup) brown sugar
- 15 ml (1 tbsp) chopped fresh rosemary
- 1 ml (1/4 tsp) salt

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BACK TO SCHOOL

ISTOCKPHOTO/THINKSTOCK

▶ Students from elementary school to the university and college set all have their eyes (and hands) on new technology when going back to school.

Cool means ... technology

Kids clamouring for e-readers with high functionality Tablet explosion hitting schools

What's on top of the school supply list this year? It isn't T-shirts and tennis shoes. It's the other T — for mobile tech.

Kids as young as elementary age are looking for smartphone upgrades, while the college set is sussing out the explosion in tablets, said Craig Johnson, president of the retail consulting and research firm Customer Growth Partners in New Canaan, Conn.

"The single most important thing is the acceleration of technology for back to school. Kids don't get excited about a new lunch box these days, or a new backpack. Cool means technology," he said.

That means e-readers with high functionality like highlighting, underlining, pagination and touchscreens.

The new Nook has a 15-centimetre (six-inch) touchscreen and crisp, clear print for reading in bright light, tech analyst Andrea Smith told reporters at a recent Consumer Electronics Association trade show. It also indicates how many pages to the end of a chapter and has received praise for long battery life.

Back-to-school tech also means tablets. Once hallowed Apple ground, iPad 2 competitors are everywhere this season. Apple is still the big kid, but Android technology is in pursuit. Some of the new tablets run Adobe Flash software, which Apple doesn't have.

▶ Apple's iPad, top, and the Toshiba Thrive.

In addition to the iPad 2, Smith suggests the 25-cm (10-inch) Toshiba Thrive for back to school. It runs on Android, has two USB ports and an SD card reader.

Tablets are cool, but are they practical for actual school work? That might have everything to do with the popularity of bluetooth-enabled keyboard add-ons, including the new one Smith and Morris like from Logitech with a case that easily turns into a tablet stand. Toshiba has a keyboard, too, also sold separately.

THE ASSOCIATED PRESS

Stuff that writes

Pilot's B2P pens (for bottle to pen) are made from recycled plastic bottles and designed to look like one. They are lightweight with gel ink.

Animal print pens and erasers are everywhere.

Post-it has been putting flags for tagging into the tops of pens and highlighters for a while now. There's a highlighter-pen combo in a three-pack with room for 50 colour-coordinated flags on a shirt clip.

Sharpie has gone gel for highlighters for a wider variety of paper, including ink jet, glossy and extra-thin surfaces. Twist the bottom to push up the gel.

Crayola has a box of dry-erase crayons that come with an eraser mitt.

STUFF FOR PAPERS

Eco-friendly notebooks, composition books and binders abound, if that's your kid's thing.

In the simple reuse category, Pottery Barn Teen sells full-zip, water-resistant fabric homework holders in a variety of tween-girl patterns, from peace signs to zebra stripes. There's a three-ring binder inside and a front zip flap for quick access.

THE ASSOCIATED PRESS

▶ A Post-it flag pen, top, and Pottery Barn's homework holder.

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Stock up on supplies

ASTRID VAN DEN BROEK
FOR METRO

Pencils, papers, teacher's looks … indeed it's that time of year when back-to-school supply shopping has hit.

So what's hot in the classroom this fall?

First, forget your plain old ballpoint pens — writing implements are now bendable, sparkly, smelly, stretchy and more. And to really express your personal style, everything from pens and pencils to lunch bags and backpacks are covered with eye-catching designs.

"We have Tony Hawk, the skateboarder, notebooks and other items designed with him in mind," says Steve Grebenc, a general manager for a west-end, Toronto-based Staples.

Lunch bags and laptop bags (such as the PKG line of bags) are also breaking out of their neutral style colours.

▶ A Rubbermaid FilterFresh Bottle, top, is available at Real Canadian Superstores and Loblaw Great Food Stores for $9.99. The Thermos Plaid Tote lunch bag, top right, is available at Wal-Mart for $16.99. Protect your laptops with PKG bags ($44.99-$49.99), available at Future Shop, Best Buy and other retailers.

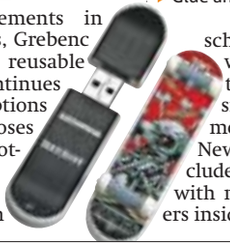
▶ Binders are a must-have for back-to-school supplies. Staples has Tony Hawk related items, including flash drives, below right.

"We have a few new lines with vibrant colours that appeal to the younger grades," says Grebenc.

Lunch bags also continue to move into lunch purses, such as Thermos' Fashion Lunch Tote bags. Don't like the bags you see? Pick up a Tattoo line of bags, which are black and white in design, but come with markers so your little Van Gogh can colour them himself or herself.

And thanks in part to Litterless Lunch movements in some schools, Grebenc notes the reusable trend continues with more options for Thermoses and water bottles.

Durability is key with school supplies, which makes Better Binders a smart pick. Need more in a binder? Newer options include handled binders with multiple file folders inside.



To-do list

- While must-have items for school can vary grade to grade (high school students need locks while elementary school students don't generally need them), here's a list to get you started.
- Check your local office supply store or school to see if they have supply recommendations.)
- Paper
- Pencils, pens/markers/pencil crayons
- Binders and duo tangs
- Calculator
- Erasers
- Lunch bag and water bottle
- Staplers and staples
- Pencil sharpener
- Notebooks
- Glue and scissors

AIR CADETS

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191 RCACS Air Cadets

Many parents feel that their child both needs and wants to take part in extra-curricular activities but in these very tough economic times enrollment in some sporting programs can be out of the parents financial range – especially if there is more than one child involved.

191 RCACS Air Cadets would like you to consider this option – let them become an Air Cadet!!

The aim of this long standing organization is to develop in youth between the ages of 12 and 18 years, the attributes of good citizenship and leadership, to promote physical fitness and to stimulate the interest of youth in the aviation and aerospace industry, including the air element of the Royal Canadian Air Force. All of this is achieved in a challenging yet disciplined environment.

It should be noted that Cadets are Civilians! They are not members of the military and are not expected or required to join the Royal Canadian Air Force. However, it is a little known fact that one in five private pilots in Canada are former air cadets and 67% of commercial and airline pilots began their careers as Air Cadets. Having a resume that reflects that someone is/was an Air Cadet is respected by a great many future employers.

Since 191 RCACS was established in 1942, hundreds of young men and women have been able to participate in such activities as gliding, powered flight, biathlon, range, survival, drill, band, and summer training camps to name but a few and all this at no cost to themselves or their parents

There is no cost to join the Air Cadet Program. All training and uniforms are provided, and all cadets have the same opportunity to take part in any of these activities. Believe it or not, when a cadet participates in summer camps, which are held nationally and internationally, not only is all the travel and accommodation paid for but the Cadet actually gets paid for their attendance! Sounds like a good deal all round, doesn't it?

191 RCACS parade every Friday evening from 6:30 p.m. to 9:30 p.m. and while there, the cadets receive instruction in citizenship, leadership, survival training, basics of aviation and aeronautics, drill and ceremonial marching and additional training for biathlon, range, drill, band takes place on Sunday afternoon or Monday evening (depending on the course) with the option to take part in these additional training courses being open to all cadets.

191 RCACS is currently stationed at Building 8, Kapyong Barracks, on Grant and Kenaston, and we will be starting our 2011/2012 training program on Friday, September 9th.

Registration of new cadets will be held at 6:30 p.m. Friday, September 16th.

If your son or daughter is between the ages of 12 and 18 years and you would like more information about 191 RCACS please contact Liz Wallace (President, 191 RCACS Parent Association and Sponsoring Committee) by E-mail at 191rcacspa@gmail.com.

Keep your makeup light

and natural

ASTRID VAN DEN BROEK
FOR METRO

Want picture-perfect makeup and skin to head back to school this September? If so, think more Taylor Swift-style over Snooki.

"Keep your makeup light and natural," suggests Diane Sonnenberg, vice-president, brand and values for the Toronto-based The Body Shop Canada. "Teens don't need to use foundation. Instead, use a concealer on blemishes only."

To continue your soft, natural look, lightly apply eye shadow and follow the critical makeup application rule: Blend, blend, blend. Then swipe on brown mascara and a natural-looking pencil liner over liquid.

And for your lips? A flavoured light gloss or balm rounds out your look, such as The Body Shop's new Natural Lip Roll On.

However, if it's Friday night and you are party-bound, a more dramatic look is in order, such as loud lipsticks — think dark purple or cherry lips or very bright orange lips, says Julianna Smith, a blogger for Toronto's Yorkdale Mall.

"The dark, smoky eyes are in, but if you are doing the dark lips go with a more natural look on your eyes," she says. "Metallic colours are also in, as are bright colours for the eyes if you do a natural lip colour."

To complete your look in a polish, nude-coloured nails are in, as are glittery, metallic nails.

"Nail polishes are huge now," she says. "They're an inexpensive way to add to your look."

▶ Vitamin C Skin Boost from The Body Shop, left, Lush Tea Tree Water, top, and Tea Tree Skin Clearing Tone from The Body Shop.

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Prints, preppy looks and boho chic in style

The red carpet seems to be making its way to the classroom this fall, as looks reminiscent of styles worn by young stars are among the emerging trends in back-to-school fashion.

Winners fashion expert Sarah Smithers said while hoodies remain a staple for younger boys, sweaters and cardigans are key pieces for their older counterparts, evocative of styles sported by Canadian pop sensation Justin Bieber.

"While we can often see him out wearing a great hoodie, he's also not afraid to pull on a cardigan or a zip-up sweater, and I think that tween boys are starting to pick up on this as well," she said.

Fellow homegrown music star Drake has been known to wear collegiate styles of his own, like varsity jackets — not unlike the preppy looks on offer this upcoming season.

Smithers said for teen boys, they are seeing a bit more of a heritage or rustic look with knits and sweaters featuring shawl collars that channel collegiate cool. But guys can still add their own touches to personalize more casual yet conservative styles.

▶ Male students can choose the varsity look, while the boho-inspired chic look is a key trend for females all from Winners.

"Maybe they're going to wear a varsity jacket with maybe a letterman-style cardigan and really go over-the-top preppy varsity, but then they're going to add interesting accessories like a retro sneaker in a bright bold colour, maybe a belt, again in a bright bold neon hue," said Smithers.

For the girls, singer Willow Smith of Whip My Hair fame is an example of how to mix different items and prints together in one ensemble, said Nancy Dennis, brand and trend director of children's wear for Sears Canada.

The bright and bold mantra when it comes to colours isn't strictly the domain of girls. Smithers said plaids in particular are getting an update with the patterns steeped in orange, green and blue.

For girls who may be seeking to get groovy with their style, iconic bohemian-inspired pieces may be more up their alley. Smithers said boho chic is a key trend in both apparel and accessories for fall.

"A tunic or a poncho piece would be a great way to capture that trend, but then they're going to layer it over skinny jeans or flared denim," she said.

If you want to steer clear of an outfit resembling a Woodstock costume, pare back on the accessories, Smithers suggested. THE CANADIAN PRESS

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Putting your best foot forward

ASTRID VAN DEN BROEK
FOR METRO

Who doesn't love back to school shopping? But before heading out, make note of these hot trends to stock your closets with.

In colours and prints for fall, there are three things to remember, says Julianna Smith, a Toronto-based blogger for Yorkdale mall.

"Many summer trends are staying around, so bright colours like lime green, bright orange and cobalt blue are making their way into fall," says Smith.

▶ Reebok's ZigTech shoes for children range in price from $59.99-$79.99.

Other hot must-haves include python and snakeskin-printed accessories and those hot, hot metallics such as gold and silver. These colours aren't just for teens, either — look for turquoise Knit Ribbon Ruffle dresses and Silver Sequin skirts at Old Navy for the younger set.

▶ Girls motorcycle boot from Old Navy, $32.94.

While many of these colours and prints work in footwear, also consider style when you are out shopping.

"Such as a wedge or a thick chunky heel, which are also easier to walk in than a regular heel," says Smith. "For boots, the knee-high is back rather than last year's boots cut off at the ankle."

For children, Old Navy's Motorcycle Boots can incorporate the look and keep their legs covered during lunch time play.

Also for the younger-than-10-year set, laceless shoes continue to appear on store shelves in bright pinks, fuschias, greens and blues, and shoes that including breathable mesh to endure hard recess play (such as Reebok's new ZigTech line of children's running shoes).

Top Five must-have accessories

1. Wedge footwear.
2. A choker — forget the long dangly, tangly necklaces and opt for thick chokers.
3. The wide belt. Again, skinny is out so choose thicker, corset-style belts to cinch around a shirt or dress.
4. One or two thick, chunky bracelets that are metallic or snakeskin print.
5. A fedora — yep, they are still in. Neutrals are nice, but maybe pick up one in a colour — think purple or mustard.

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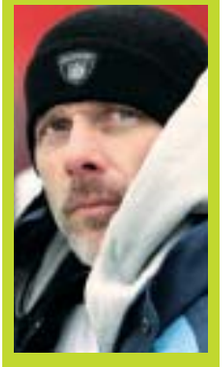


"Hopefully, Peyton will be back, but if he's not maybe I can be one of the guys that can help this ball club."

QUARTERBACK KERRY COLLINS, WHO AGREED TO TERMS ON A ONE-YEAR CONTRACT WITH THE INDIANAPOLIS COLTS YESTERDAY. COLLINS IS THE LIKELY STARTER IF PEYTON MANNING HASN'T COMPLETELY RECOVERED FROM OFF-SEASON NECK SURGERY WHEN THE SEASON OPENS SEPT. 11.

"We don't even know him. We ain't vanilla, man, we ain't no simple offence. So for him to come in here and be the starter, I don't see it. I think that's a step back."

COLTS RECEIVER REGGIE WAYNE ON THE PROSPECT OF PLAYING WITH COLLINS.

The mystery of Pittsburgh

Fans worried about winter without Crosby ◗ Many wondering if captain is in worse shape than is being said

Sidney Crosby's health issues are making for a very unsettled late Pittsburgh summer.

Nearly a quarter-century since The Mysteries of Pittsburgh was a best-selling book, the region's hockey fans are dealing with another riddle wrapped inside an enigma.

How badly is Crosby still hurting after sustaining what appeared to be multiple concussions only days apart in January? Will his lengthy layoff stretch into the new season? And when No. 87 finally does play, will he again be hockey's best player?

The answers don't appear to be forthcoming anytime soon, and that's making the Penguins' fan base as nervous as an overtime Game 7.

Since leaving town nearly four months ago, Crosby hasn't said anything publicly about his persistent post-concussion symptoms. The Penguins aren't saying much, either, if only because they don't know much. Even some of Crosby's own teammates are privately wondering why they aren't getting more information.

"I can't wave a wand and tell you how it's going to play out," said Penguins coach Dan Bylsma, who said the team might not get a true reading of Crosby's status until training camp starts in mid-September.

"We haven't heard from Sid since he left town and, while it's his off-season, they (the Penguins) seem to be unsure, too ... (leading) fans to believe that they're hiding something or there's something deeper."

PITTSBURGH TALK SHOW HOST KEN LAIRD

At a time of the year when Pittsburghers generally are focused on the soon-to-start Steelers season, many are on edge because Crosby still isn't healthy eight months after being hurt.

"I'm worried," said Brian Smith, a 23-year-old Duquesne University graduate school student from Pittsburgh.

"I worked in the concussion lab at my undergrad school, and concussions can be serious, especially when you've gotten two in a row like that. They can really mess you up. He definitely needs to take his time. I want him to come back, but I don't want him to ruin the rest of his life."

Smith fears Crosby's case is less predictable because it now appears the Penguins captain had concussions in separate games four days apart in January.

HARRY HOW/GETTY IMAGES

▶ The lack of information from both Sidney Crosby and the Penguins has left fans speculating about whether No. 87 will return this season at all.

Camp concerns

Sidney Crosby is still working out, and neither he nor the Penguins are saying if he is skating at a pace consistent with a player about to report to camp.

- If there's much of a delay once camp opens, then the Oct. 6 opener at Vancouver becomes doubtful.
- Penguins coach Dan Bylsma remains positive, saying, "Sidney's progressed nicely this summer, he's had a long summer."

After being shut down for a few weeks after Pittsburgh's first-round loss to the Tampa Bay Lightning, Crosby resumed his off-season workouts in his native Nova Scotia.

But as the workouts intensified, the symptoms returned. Penguins general manager Ray Shero, who has been in contact with Crosby, isn't sure exactly what they were.

"If he's not ready for the start of the season, I'm worried for the Penguins for sure," said Nick Barone, 20, a former hockey player for Bethel Park (Pa.) High School. "I don't think they could go a whole season without Crosby. A lot of people will be worried if Crosby's not out there."

THE CANADIAN PRESS

Lawrie adds heroic homer to resumé

DARREN CALABRESE/THE CANADIAN PRESS

▶ Blue Jay Brett Lawrie balances on one leg after throwing out Royals batter Melky Cabrera in Toronto last night.

Brett Lawrie's solo homer off Louis Coleman to lead off the bottom of the seventh inning was the difference as the Blue Jays picked up a 4-3 win last night over the Kansas City Royals in Toronto.

Lawrie's drive came off Louis Coleman, who had just come on in relief of starter Luke Hochevar. It was the fourth of the year for the native of Langley, B.C., and went along with an RBI triple in the fourth inning.

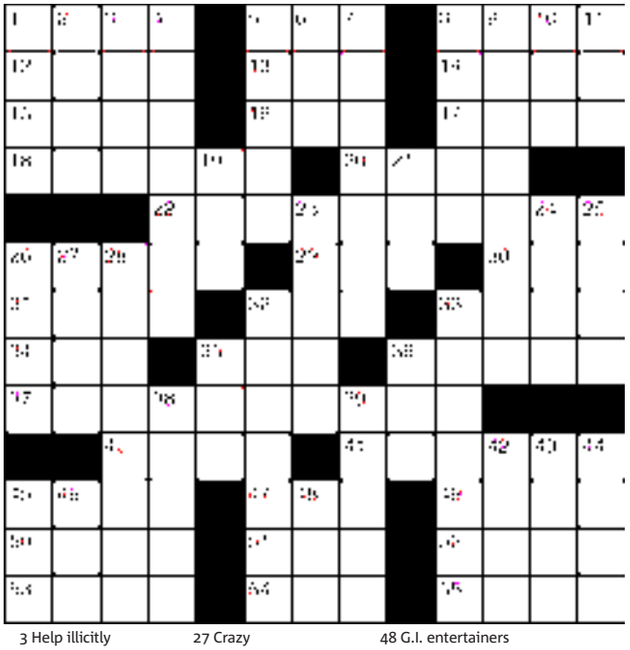
4	3
BLUE JAYS	ROYALS

Jose Bautista also went deep for the Jays (66-63) with his Major League-leading 37th homer of the season in the fourth.

Hochevar had, for the most part, kept the Jays' bats quiet. The Kansas City (53-77) starter gave up three runs, all of them in the fourth on four hits in six innings of work.

Jesse Litsch (5-3), who came onto pitch in relief of Ricky Romero in the seventh, picked up the win for Toronto. Frank Francisco picked up his 11th save of the season after coming on to start the ninth inning after Casey Janssen's scoreless eighth. THE CANADIAN PRESS

Crossword



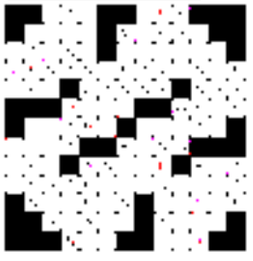
Across

1 Just one of those things
5 "Wipeout" network
8 On in years
12 George Herman Ruth
13 Four qts.
14 Story
15 Coaster
16 Freudian concept
17 Weaponry
18 Magical drink
20 CNN's Blitzer
22 In a dangerous position
26 Cumulus, e.g.
29 Apiece
30 Always, in verse
31 "My bad"
32 Foundation
33 Radius neighbor
34 Expert
35 Evergreen type
36 Arabian Sea feeder
37 "Gunsmoke" saloon
40 Move like a moth
41 Royal attendant
45 Hodgepodge
47 Drone
49 Ready to be picked
50 Rock drummer Ulrich
51 Kreskin's claim
52 Witnesses
53 Turns blue?
54 Homer's cry
55 Tackles' teammates

Down

1 Recipe meas.
2 Head light?
3 Help illicitly
4 Tiresome
5 Representative
6 Satchel
7 Fooled (around)
8 In any manner
9 Jon's cat
10 Shade source
11 — Moines
19 African lute
21 Rowing need
23 "Fidelio," e.g.
24 Waiter's handout
25 Support group?
26 Brat's stocking stuffer
27 Crazy
28 Where chestnuts roast
32 Brought forth a child
33 Dislodge from a steed
35 Hoover's old org.
36 Lemieux milieu
38 Lipstick alternative
39 Naiad or dryad
42 Carriage
43 Mimicked
44 Untouchable Eliot
45 Antiquated
46 Deposit
48 G.I. entertainers

▶ Yesterday's answer



Sudoku

				7		5	1	2
		6						9
	5				3		7	
			9			4		
5	1		2		4		6	3
		7			6			
	4		3				5	
2						8		
7	8	3		4				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	4	2	7	8	3	1	6
2	6	7	1	3	4	9	8	5
1	3	8	9	6	5	7	4	2
8	5	6	7	9	2	4	3	1
7	2	3	6	4	1	8	5	9
9	4	1	5	8	3	6	2	7
6	8	5	3	1	9	2	7	4
3	7	2	4	5	6	1	9	8
4	1	9	8	2	7	5	6	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

NickyG,
you were the potion that got me high all summer. Thank you for listening. You are the best and LMFAO, U and ME 4 now R prrrfect.
PHATE

Courtney,
You are my one and only, could never imagine being with anyone else for the rest of my life <3
MARC

Maureen
You are the best wife in the world....I will always love you.
FROM YOUR HUSBAND TOM

Beloved "A"
I can't believe its been 5 years! We've been through so much already but I look forward to whatever else life will throw at us! I love you!
FROM JEWELS

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 18° Max 32°	Min 11° Max 24°	Min 15° Max 26°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Take the day off and don't worry that you might fall behind your rivals.

♉ Taurus April 21-May 21 Romantically and creatively, you have so much going right now. Reach out and take what you desire most.

♊ Gemini May 22-June 21 Be subtle in your efforts to educate those who are not as clued in as you. Don't dictate, either.

♋ Cancer June 22-July 22 You will accomplish more today if you slow down and do one important thing really well.

♌ Leo July 23-Aug.23 You may be decisive, but this is not the right time to make decisions about what you own and what you earn.

♍ Virgo Aug. 24- Sept. 22 Today's Mars-Saturn link warns the harder you try to change things, the worse they'll get. So don't try.

♎ Libra Sept. 23-Oct. 23 Cosmic activity in the most sensitive area of your chart makes it easy to find out what makes you tick.

♏ Scorpio Oct. 24-Nov. 22 The Sun in Virgo at this time of year makes you open to newness.

♐ Sagittarius Nov. 23-Dec. 21 Employers and other important people really do want to see you succeed, so amaze them.

♑ Capricorn Dec. 22-Jan. 20 People who are jealous of your skill and success will make negative comments about you today.

♒ Aquarius Jan. 21-Feb. 18 Show your critics that you can act and think clearly under pressure.

♓ Pisces Feb. 19-March 20. If what happens today looks like a setback, it's because you need to step back. **SALLY BROMPTON**

Caption contest

LILL STRAUSS/ DAPD/ THE ASSOCIATED PRESS

BELA SZANDELSKY/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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